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Title- Gagan Dhawan is the Author of "The New Me" Book, a perfect lifestyle book for everyone to transform themselves

Description- An ardent follower and promoter of mindful living, Gagan Dhawan is a man of many talents. A first-generation entrepreneur with a penchant for learning and building new things, he has spearheaded numerous successful ventures in distinguished fields such as health and fitness, e-commerce and commodity mining to name a few. Currently, he's the Founder and CEO of 'The New Me', and the Co-Founder of 'ServDharm'.

Gagan Dhawan grew up in New Delhi, India. Coming from a fauji background, he studied across schools in India, experiencing and assimilating the cultural ethos of the

country along the way. He believes in motivating people with inspirational stories about health, spirituality, motivation, leadership, and self-reflection.

Get a copy of his first book *The New Me*, where Gagan takes you on a practical journey of self transformation through easy to follow steps. Minor changes that you make

in your daily life after following the methods mentioned by him in the book are most likely to help you rediscover your potential. Apart from reaping health benefits,

the reader will also experience a sense of empowerment in all aspects of daily life. Gagan belongs to a fauji background and his disciplined approach and his need for

speed are some of the top reasons why he never stops growing as an individual as well as a leader.